

Monson Parks & Recreation Department



Bring your workout outdoors

Stay in shape during summer months

Get ready for high school tryouts

Saturdays, 10:00-11:00 a.m.
June 11—August 13
Veterans Park, Monson

\$100 for 10 week session
For ages 12 and older
Rain or shine!

This 10 week bootcamp will incorporate exercises and drills to increase cardiovascular conditioning, muscle strength and endurance as well as increase the metabolism to aid in fat loss. The exercises may be modified depending on ability level and any restrictions a participant may have.

All participants should bring water, sun protection, an exercise mat for the warmup and cool down and a great attitude. It is recommended if you have asthma or a breathing issue and need an inhaler to bring one.

Must Pre-register with the Parks & Rec Department

Complete the Registration Form to the right and bring it into our office during open hours or mail it to Monson Parks & Recreation Department, 110 Main Street.

Monson Parks & Recreation Department
110 Main Street
Monson, MA 01057

Phone: (413) 267-4105

OFFICE HOURS

Monday. Tuesday, Wednesday
9:00 a.m.-12:00 p.m., 1:00-4:00 p.m.

Thursday
9:00 a.m.-12:00 p.m., 1:00-6:00 p.m.

Friday
9:00 a.m.-12:00 p.m.

www.monson-ma.gov

Bootcamp Instructor Nicole Harvey holds a B.S. in Movement Science Sport and Leisure Studies from Westfield State University. With 15+ years of training experience, she has the ability to design programs specifically around her client's goals, abilities, or disabilities. Nicole is a results oriented trainer who leads fun and effective workouts for her clients.

Nicole currently holds several certifications including Personal Trainer, Bootcamp Instructor and Nutrition Advisor. Her experience with various populations makes her uniquely qualified to train clients in a safe way regardless of their limitations.

REGISTRATION FORM

Name _____

DOB _____

Address _____

Parent/Guardian If under 18 years of age

E-Mail _____

Phone Number _____

Emergency Contact Name _____

Emergency Contact Number _____

Precautions the staff should be aware of:

I hereby release, discharge and/or otherwise indemnify the Parks & Recreation Department, Town of Monson, including coaches or employees whether paid or voluntary, against any claim by, or on behalf of, the registrant's participation in the program and/or being transported to and from the same which transportation I hereby authorize.

Check here if you are giving permission for photographs of participant in this program to be used for advertising purposes and/or printed in publications, local newspapers, or shown on the Monson Parks & Recreation Department's website and/or Facebook pages.

Participant or _____ Date _____
Parent/Guardian (if under 18 years of age)

For office use only

Receipt/check number _____

Amount \$ _____ Date _____